

AMIGA CD³²

SPORTS

FOOTBALL

DEFENSE

PLAYBOOK

DEFENSIVE TERMINOLOGY

Player Abbreviations

To help you understand the defensive formations, here is a list of the defensive positions and their abbreviations used in this playbook.

DE- Defensive End

DT- Defensive Tackle

LB- Linebacker

CB- Cornerback

SS- Strong Safety

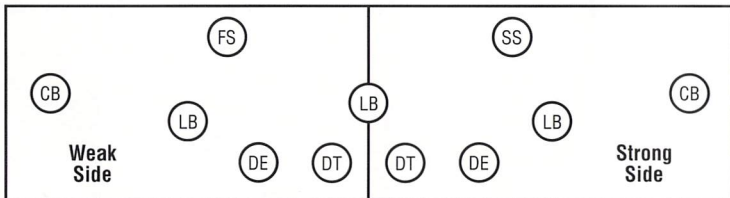
FS- Free Safety

Play Direction

Plays which end in **R** are those which set the Strong Safety on the right and this is the strong side. Those which end in **L** put the Strong Safety on the left. There are a few cases (the force plays) where this is reversed.

Defensive Sets

Several defensive sets or formations (the initial position of the players before the play is set in motion) are used. The basic defensive formation is shown below:



Play Types

Defensive plays are generally divided into three categories: zone, man-on-man and blitz.

Zone defense gives each defender a set area or zone to cover. The defender tries to make sure no one catches the ball in his zone or runs through it with the ball.

In a man-on-man defense, a defender is assigned to a specific offensive player and must try to make sure that man doesn't get by him or catch the ball.

In a blitz the defender tries to rush through the line as soon as the ball is snapped and tackle the ball carrier. This can be risky because it may leave a receiver open or may open a hole for a runner to come through, but it can obviously be very effective if the defense can get to whoever has the ball in time.

Any or all of these defensive play strategies can be combined into the same defensive play. The general type of play will be abbreviated as follows:

Z- Zone

M- Man-on-Man

B- Blitz

C- Combination

Play Format

All plays are listed here by their name with a short description and a diagram of the play. The Quick Reference Guide on the back cover also summarizes all the plays by play number, name (which generally includes the formation name), play type, formation number and the intended distance for the defense to cover.

For example:

34 Man L- M - 1- Short

This means that the play is a man-on-man defense using a 3-4 formation and is designed to cover short yardage offenses.

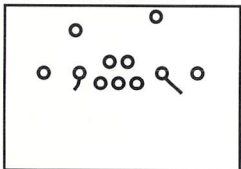
SPECIAL TEAMS



11 Field Goal

Set up to try and block field goal.

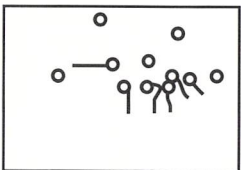
RUN



14 34 Basic L

Basic all-purpose 34 run defense.

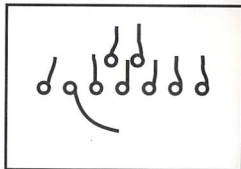
RUN



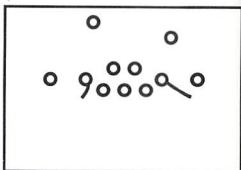
17 34 Man R

Basic all-purpose man-on-man 34 run defense.

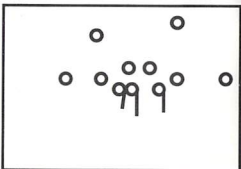
SPECIAL TEAMS



RUN



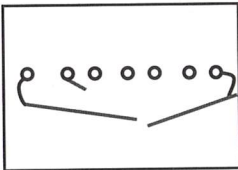
RUN



12 Punt Drop

All but one linemen drop back to block for player returning the punt.

SPECIAL TEAMS



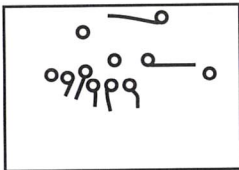
13 Punt Rush

Several linemen rush and try to block the punt.

15 34 Basic R

Basic all-purpose 34 run defense.

RUN



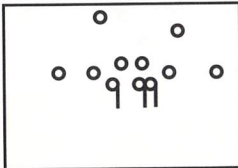
16 34 Man L

Basic all-purpose man-on-man 34 run defense.

18 34 Man Stunt L

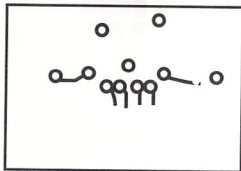
A stunt is a play in which linemen switch from the hole they would normally cover to someone else's hole. In this case the strong side DT and DE switch holes.

RUN

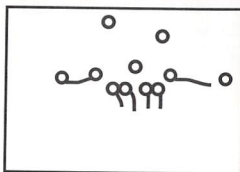
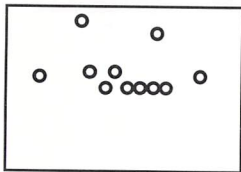


19 34 Man Stunt R

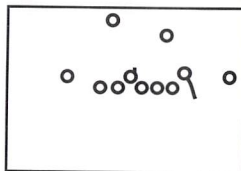
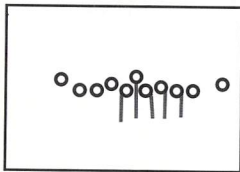
A stunt is a play in which linemen switch from the hole they would normally cover to someone else's hole. In this case the strong side DT and DE switch holes.

RUN**21 43 Man L**

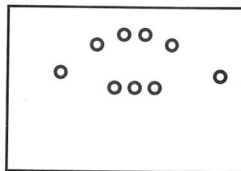
Basic all-purpose man-on-man
43 run defense.

RUN**RUN****24 43 Over R**

All four linemen try to shift
toward the strong side of the
offensive attack. Extra lineman
comes to weak side.

RUN**RUN****27 Goal Line**

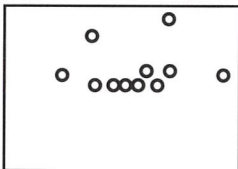
Everyone but 2 CBs and one LB
are on the line and the CBs and
LB aren't very far behind. To be
used when offense calls a
running play close to the
goal line.

PASS

22 43 Man R

Basic all-purpose man-on-man 43 run defense.

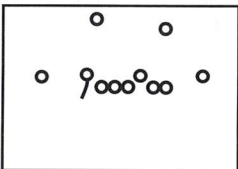
RUN



23 43 Over L

All four linemen try to shift toward the strong side of the offensive attack. Extra lineman comes to weak side.

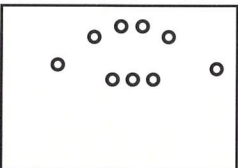
RUN



26 43 Under R

Three linemen shift away from strong side of offensive attack. One extra lineman comes to help on strong side. Line shifts away from strong side of offensive attack.

PASS



25 43 Under L

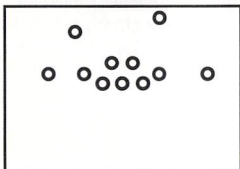
Three linemen shift away from strong side of offensive attack. One extra lineman comes to help on strong side. Line shifts away from strong side of offensive attack.

29 34 Std Prevent R

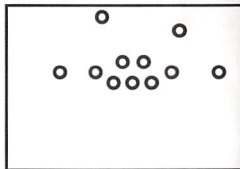
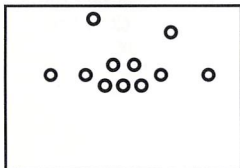
Standard prevent defense. Used to prevent long yardage but may not work well to prevent short/medium yardage.

28 34 Std Prevent L

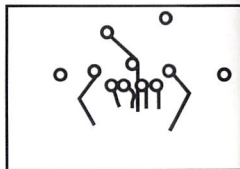
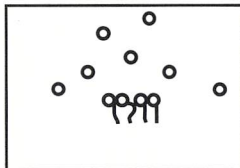
Standard prevent defense. Used to prevent long yardage but may not work well to prevent short/medium yardage.

PASS**31 34 Zone Med L**

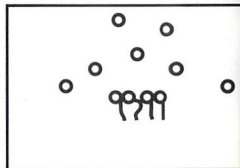
Standard 34 used to cover medium range passes. May allow shorter range yardage.

PASS**PASS****34 34 Zone Short R**

All-purpose 34 to cover short range passes.

PASS**PASS****37 43 Zone Med L**

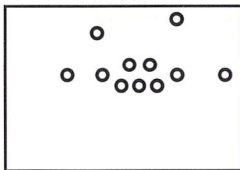
Standard all-purpose 43 medium pass coverage.

PASS

32 **34 Zone Med R**

Standard 34 used to cover medium range passes. May allow shorter range yardage.

PASS



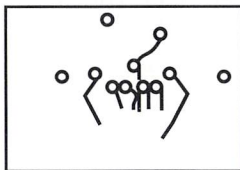
33 **34 Zone Short L**

All-purpose 34 to cover short range passes.

35 **43 Mad Dog L**

"Dog" plays are surprise pass rushes (blitzes) by the linebackers and the safeties.

PASS



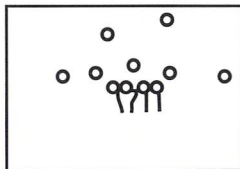
36 **43 Mad Dog R**

"Dog" plays are surprise pass rushes (blitzes) by the linebackers and the safeties.

38 **43 Zone Med R**

Standard all-purpose 43 medium pass coverage.

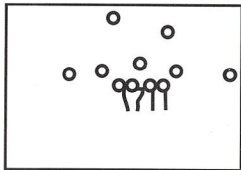
PASS



39 **43 Zone Short L**

Standard all purpose 43 short pass coverage.

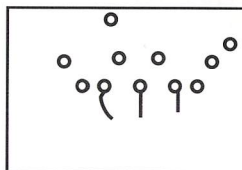
PASS



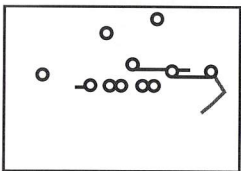
41 43 Zone Short R

Standard all-purpose 43 short pass coverage.

PASS



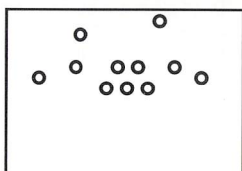
PASS



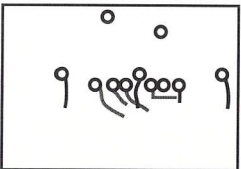
44 CB Force R

Extra lineman comes to help on strong side. Weak side CB comes in close to guard weak side WR and tries to "force" him to stay in close to the line and toward the middle of the field. Weak side LBs come toward weak side to help the "force."

PASS



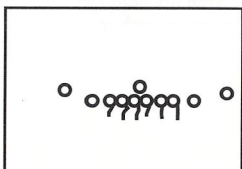
PASS



47 Full Line Blitz

Six men on the line. An LB is back just slightly in the middle. The CBs are back just slightly as well. SS is on the right side. Everyone but the safeties blitz.

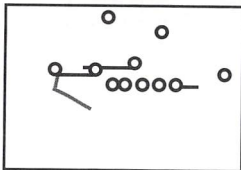
PASS



42 52 Zone Long

Standard all-purpose 43 medium pass coverage.

PASS



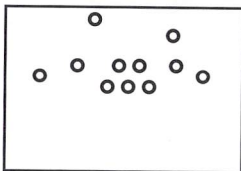
43 CB Force L

Extra lineman comes to help on strong side. Weak side CB comes in close to guard weak side WR and tries to "force" him to stay in close to the line and toward the middle of the field. Weak side LBs come toward weak side to help the "force."

45 Dime L

Standard medium dime pass coverage. The 2 outside LBs stand further back to cover then in a normal 3-4 defense.

PASS



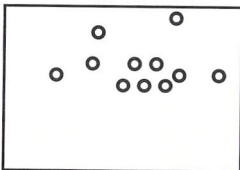
46 Dime R

Standard medium dime pass coverage. The 2 outside LBs stand further back to cover then in a normal 3-4 defense.

48 Goal Line Pass

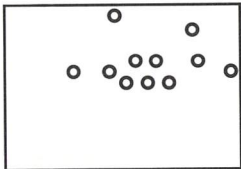
Everyone is on the line except one LB in the middle and the CBs and they are just slightly off the line. To be used when offense calls a passing play close to the goal line.

PASS

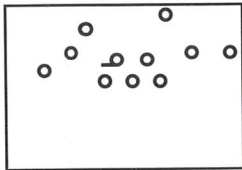
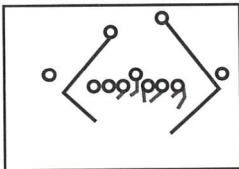


49 Nickle L

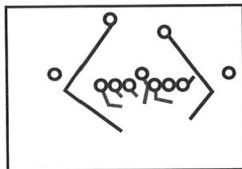
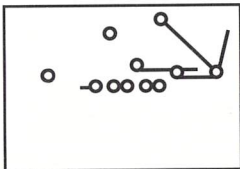
Strong side LB is back to cover the middle a bit better than a normal 3-4 defense.

PASS**51 Nickle R**

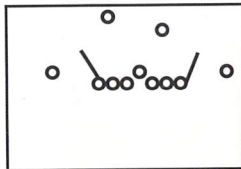
Strong side LB is back to cover the middle a bit better than a normal 3-4 defense.

PASS**PASS****54 Safety Blitz L**

Six men on the line. An LB is back just slightly in the middle. The CBs are back just slightly as well. Both safeties blitz as well as everyone on the line. This is dangerous because it leaves the backfield wide open, but more men are blitzing on these than in any other play.

PASS**PASS****57 Safety Force R**

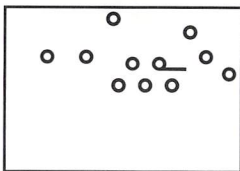
Same as CB force, but weak side safety comes in to "force" instead of the CB.

PASS

52 Quarter L

Both outside LBs are back to cover the middle better than a normal 3-4 defense.

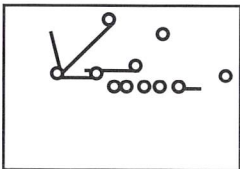
PASS



53 Quarter R

Both outside LBs are back to cover the middle better than a normal 3-4 defense.

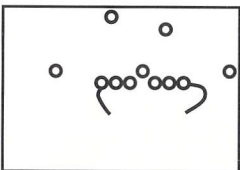
PASS



55 Safety Blitz R

Six men on the line. An LB is back just slightly in the middle. The CBs are back just slightly as well. Both safeties blitz as well as everyone on the line. This is dangerous because it leaves the backfield wide open, but more men are blitzing on these than in any other play.

PASS



56 Safety Force L

Same as CB force, but weak side safety comes in to "force" instead of the CB.

59 Umbrella Rush

Same as the Umbrella Drop, but the DEs come blitzing around the ends instead of dropping back.

58 Umbrella Drop

Six men on line. There is only one CB and he is back just slightly and in the middle. Two LBs are split wide of the DEs on either side just a few yards back. Used to try and stop fast receivers coming out of the backfield. The DEs drop back and help the outside LBs and safeties with pass coverage.

DEFENSIVE PLAYS QUICK REFERENCE GUIDE

<u>Play#/Name</u>	<u>Play Type</u>	<u>Form.#</u>	<u>Distance</u>	<u>Play#/Name</u>	<u>Play Type</u>	<u>Form.#</u>	<u>Distance</u>
11 Field Goal				36 43 Mad Dog R	B	2	Short
12 Punt Drop				37 43 Zone Med L	Z	2	Medium
13 Punt Rush				38 43 Zone Med R	Z	2	Medium
14 34 Basic L	C	1	Short/Med	39 43 Zone Short L	Z	2	Short
15 34 Basic R	C	1	Short/Med	41 43 Zone Short R	Z	2	Short
16 34 Man L	M	1	Short/Med	42 52 Zone Long	Z	3	Long
17 34 Man R	M	1	Short/Med	43 CB Force L	C	2(Mod.)	Short
18 34 Man Stunt L	M	1	Short/Med	44 CB Force R	C	2(Mod.)	Short
19 34 Man Stunt R	M	1	Short/Med	45 Dime L	C	1(Mod.)	Medium
21 43 Man L	M	1	Short	46 Dime R	C	1(Mod.)	Medium
22 43 Man R	M	2	Short	47 Full Line Blitz	B	Unique	Short
23 43 Over L	C	2(Mod.)	Short	48 Goal Line Pass	C	Unique	Short
24 43 Over R	C	2(Mod.)	Short	49 Nickel L	C	1(Mod.)	Short
25 43 Under L	C	2(Mod.)	Short	51 Nickel R	C	1(Mod.)	Short
26 43 Under R	C	2(Mod.)	Short	52 Quarter L	C	1(Mod.)	Medium
27 Goal Line	C	Unique	Short	53 Quarter R	C	1(Mod.)	Medium
28 34 Std Prevent L	C	1	Long	54 Safety Blitz L	C	Unique	Short
29 34 Std Prevent R	C	1	Long	55 Safety Blitz R	C	Unique	Short
31 34 Zone Med L	Z	1	Medium	56 Safety Force L	C	2(Mod.)	Short
32 34 Zone Med R	Z	1	Medium	57 Safety Force R	C	2(Mod.)	Short
33 34 Zone Short L	Z	1	Short	58 Umbrella Drop	C	Unique	Medium
34 34 Zone Short R	Z	1	Short	59 Umbrella Rush	C	Unique	Short
35 43 Mad Dog L	B	2	Short				